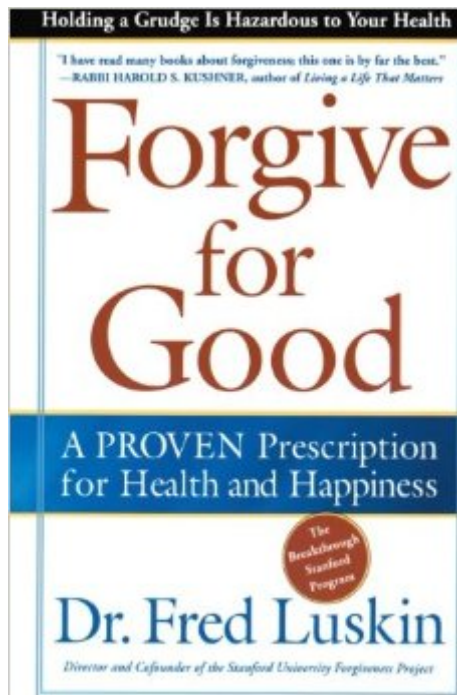


The book was found

Forgive For Good: A Proven Prescription For Health And Happiness



Synopsis

Based on scientific research, this groundbreaking study from the frontiers of psychology and medicine offers startling new insight into the healing powers and medical benefits of forgiveness. Through vivid examples (including his work with victims from both sides of Northern Ireland's civil war), Dr. Fred Luskin offers a proven nine-step forgiveness method that makes it possible to move beyond being a victim to a life of improved health and contentment.

Book Information

Paperback: 240 pages

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Average Customer Review: 4.4 out of 5 stars See all reviews (196 customer reviews)

Best Sellers Rank: #20,852 in Books (See Top 100 in Books) #52 in Books > Self-Help > Relationships > Conflict Management #56 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution #186 in Books > Parenting & Relationships > Marriage & Adult Relationships

Customer Reviews

I bought three books on forgiveness and returned the other two. The people I needed to forgive ranged from my father for demanding to know why I "didn't get an A+" on a math exam for which I had ONLY received an A, as well as for not protecting me from the prying eyes of my younger brother as I was maturing into a woman, to the murderer of my roommate as well as his defense attorney the latter worked real hard at (and basically succeeded in) rattling my cage by showing me gruesome crime scene and autopsy photos of my beaten and strangled friend while I testified at the trial. I can and will explain my reasons for keeping this book and returning the others in two ways. THE TOUCHY-FEELY REASON While reading this book (Forgive For Good) I felt understood, hopeful, calm, and, most important, forgiving, whereas when reading the other two books I quickly became bored and frustrated and had to work hard just to get through them. THE RATIONAL REASON Sa. Forgive For Good, contrary to what some other customer reviewers have said, accepted right on page one that I had something to forgive and it immediately granted me "personal

power" on a silver platter so I could proceed with the forgiving. Conversely, the other books were similar to most psychological self-help books I've read that focus the vast majority of their pages to figuring out whether or not I had really been a victim and just who was to blame for my problems and emphasised the probability that I would need outside help for years to do so. The first "step" in all three books is having someone validate our pain.

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